



STUDENT NUTRITION SERVICES

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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Cold Breakfast & Elementary Lunch

NOVEMBER

<p>5</p> <ul style="list-style-type: none"> Cinnamon Chex Cereal/Zac Attack Apple Bar (DF) Jerk Chicken Drumstick w/ Rice Chicken Quesadilla Cheesy Ravioli (V) Baby Carrots 	<p>6</p> <ul style="list-style-type: none"> Cheesy Bagel Sandwich Buffalo Chicken Sandwich All Beef Hot Dog (DF) *NEW* Rainbow Veggie Calzone (V) Coleslaw 	<p>7</p> <ul style="list-style-type: none"> *NEW* Mini French Toast Muffin/String Cheese Chicken Gumbo & Cornbread Breakfast For Lunch: Pancakes w/ Omelet (V) Rainbow Veggie Pizza (V) Corn 	<p>8</p> <ul style="list-style-type: none"> Plain Bagel w/Cream Cheese Flame Broiled Beef Cheeseburger Flame Broiled Beef Burger (DF) Fiesta Scoops w/Three Layer Dip (V) Chopped Lettuce w/Ranch 	<p>9</p> <ul style="list-style-type: none"> Breakfast Crumble BBQ Beef Flatbread Melt Pasta w/Turkey Beef Bolognese Pasta Alfredo (V) Pinto Beans
<p>12</p> <ul style="list-style-type: none"> Holiday 	<p>13</p> <ul style="list-style-type: none"> *NEW* Apple Crisp Granola Cereal (DF) *NEW* Kung Pao Chicken Chicken Taco Trio Cheese Lasagna (V) Corn 	<p>14</p> <ul style="list-style-type: none"> Mini Bagels w/Grape Jam & Hard Boiled Egg* Oven Roasted Chicken Sandwich (DF) Chicken Potstickers w/Rice (DF) Cheese Pizza (V) Chopped Lettuce with Ranch 	<p>15</p> <ul style="list-style-type: none"> Autumn Spice Muffin Roasted Turkey and Stuffing (DF) Chicken Enchiladas Cheese Enchiladas (V) Mashed Yams 	<p>16</p> <ul style="list-style-type: none"> Dipp doodle Bar (DF) Chicken Tamale (DF) All Beef Hot Dog (DF) Bean and Cheese Quesadilla (V) Seasoned Green Beans
<p>19</p>	<p>20</p>	<p>21</p>	<p>22</p> <p>HAPPY THANKSGIVING!</p>	<p>23</p>
<p>26</p> <ul style="list-style-type: none"> Cinnamon Chex Cereal/Flatbread Grahams Chili Citrus Chicken Drumstick (DF) Breakfast For Lunch: Pancakes w/Omelet (V) Rainbow Veggie Pizza (V) Baby carrots 	<p>27</p> <ul style="list-style-type: none"> Plain Bagel w/Cream Cheese Baked Mac Cheese and BBQ Chicken Combo All Beef Hot Dog (DF) Bean and Cheese Burrito (V) Chili Citrus Corn 	<p>28</p> <ul style="list-style-type: none"> *NEW* Mini French Toast Muffins/ String Cheese Flame Broiled Beef Cheeseburger Flame Broiled Beef Burger (DF) Cheese Pizza (V) Chopped Lettuce w/Ranch 	<p>29</p> <ul style="list-style-type: none"> *NEW* Cinnamon Vanilla Crunch Granola Cereal *NEW* Steak Fajita w/Beans and Corn Hot Beef-Turkey Meatball Sub Spaghetti Marinara (V) Seasoned Green Beans 	<p>30</p> <ul style="list-style-type: none"> Yogurt/Granola Chicken Sausage and Cheddar Sandwich Chicken Alfredo Cheese Calzone (V) Pinto Beans

DID YOU KNOW?
 Nearly 95% of Americans eat turkey on Thanksgiving.
 Turkey has more protein, ounce per ounce, than chicken or beef!



All Breakfast items are VG.
Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.
Cage Free Egg Meals indicated (*)
 o **Vegetable of the day**

We'd love to hear from you! Email SFUSD Student Nutrition Services at schoolnunch@sfusd.edu with any questions, comments or concerns about the meal program.

This institution is an equal opportunity provider.